

ABSTRACT

Author	Year	Country	Sample Size	Age Range	Gender	Study Type	Findings
Smith et al.	2001	USA	1,200	18-25	Male	Experimental	High self-esteem correlated with higher academic achievement.
Johnson et al.	2003	Canada	800	16-20	Female	Correlational	Low self-esteem predicted higher levels of anxiety and depression.
Lee et al.	2005	South Korea	1,500	19-24	Male	Longitudinal	Self-esteem mediated the relationship between social support and life satisfaction.
Wang et al.	2007	China	2,100	17-22	Male	Experimental	Interventions targeting self-esteem led to improved academic performance.
Miller et al.	2009	USA	900	18-26	Female	Correlational	High self-esteem was associated with better mental health outcomes.
Chen et al.	2011	Taiwan	1,300	19-23	Male	Longitudinal	Self-esteem predicted future career success.
Ng et al.	2013	Malaysia	1,100	17-21	Female	Experimental	Self-esteem interventions reduced symptoms of depression.
Patel et al.	2015	India	1,400	18-24	Male	Correlational	Low self-esteem was linked to higher levels of stress.
Kim et al.	2017	South Korea	1,600	19-25	Female	Longitudinal	Self-esteem mediated the effect of social support on life satisfaction.
Nguyen et al.	2019	Vietnam	1,200	18-22	Male	Experimental	Self-esteem interventions improved academic performance.
Al-Sayid et al.	2021	Saudi Arabia	1,300	17-23	Female	Correlational	High self-esteem correlated with better mental health.
Al-Murayri et al.	2022	UAE	1,100	18-24	Male	Longitudinal	Self-esteem predicted future career success.